

Close Contact Advisory for People Being Tested for COVID-19

August 18, 2020

Contact tracers from Public Health – Seattle & King County may call you from this number: 206-263-0267 and may text you from this number: 833-588-1122.

Someone you live with or had close contact with (within 6 feet for at least 15 minutes) has COVID-19. Receiving this advisory does NOT mean that you have COVID-19. But because you have been exposed, it's possible that you could have been infected.

It can take **2-14 days** after your last date of exposure to develop symptoms of COVID-19, and some infected people never develop symptoms or have only mild symptoms. Even if you do not have symptoms, you may be infected. That's why you are being tested today.

Public Health – Seattle & King County wants to keep you, your family, friends, and our community safe. To prevent the spread of COVID-19, we are asking you to take the following actions:

Call your medical provider if you develop symptoms of COVID-19

- Common [symptoms](#) include cough, shortness of breath or difficulty breathing, fever of 100°F/38°C or higher, headache, sore throat, chills, new loss of taste or smell and muscle aches. These are not all possible symptoms.
- **Do NOT go directly to your doctor's office.** Call ahead to determine if your medical provider wants to see you or talk to you by phone or videoconference.
- **Call 9-1-1** if you have trouble breathing, persistent pain or pressure in the chest, unusual feelings of confusion or inability to respond, or if your lips or face have a blue or purple tint.
- If you don't have a medical provider, call the **King County COVID-19 call center at 206-477-3977** between 8 AM – 7 PM.

[How to isolate and quarantine](#) -- Help prevent the spread of COVID-19 by staying in isolation or quarantine:

- **Isolation** is for people who have COVID-19 and who need to stay away from others in order to avoid infecting them.
- **Quarantine** is for people who have been exposed to COVID-19 and may be infected. Quarantine is meant to keep them at home, monitor them for symptoms, and prevent them from spreading the infection to others if they are infected.

<p>Stay at Home</p> <ul style="list-style-type: none"> • Stay home, except to get medical care. • Call ahead before visiting your doctor and tell them you have been exposed to COVID-19. • If you have a medical emergency, Call 9-1-1. • Wear a cloth mask if you leave your home. • Do not take public transportation, taxis or ride-shares. • Have someone else do your shopping or have food delivered to your home. 	<p>Limit Contact with Other People</p> <ul style="list-style-type: none"> • Stay at least 6 feet away from others, even at home. • Wear a cloth mask if you need to be around other people or animals. • Avoid contact with anyone at high risk for severe COVID-19 complications, including people aged 60 or older, pregnant women, people with high blood pressure, heart disease, diabetes, cancer, kidney disease (or on dialysis), lung diseases like emphysema, or other medical conditions. • Do not have visitors to your home. • Do not handle pets or other animals.
<p>Practice Healthy Habits</p> <ul style="list-style-type: none"> • Clean your hands often with soap and water for at least 20 seconds. • Cover coughs and sneezes with a tissue or sleeve. 	<p>Avoid or Limit Contact with People with COVID-19</p> <ul style="list-style-type: none"> • Avoid or limit being in the same room, if possible. • Use a separate bathroom, if possible. • Do not share personal household items (utensils, dishes, cups, food, drink, towels, bedding, etc.). • Do not eat food prepared by someone with COVID-19. • Do not have sexual contact with someone with COVID-19.
<p>Clean Your Home</p> <ul style="list-style-type: none"> • Frequently clean commonly used surfaces, like kitchen and bathroom counters, with a disinfecting cleaner. • Wash laundry thoroughly. Wash your hands after handling dirty laundry. 	<p>If You Develop Symptoms, Call People You Had Close Contact with in the 2 Days Prior to Your Testing</p> <ul style="list-style-type: none"> • Tell them that they may have been exposed to COVID-19 and ask them to monitor themselves for symptoms. • Close contact includes being within 6 feet of another person for at least 15 minutes OR being in direct contact with saliva or other body secretions from a person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

Testing for COVID-19 – You are testing for COVID-19 today. Your results will help you adjust what you do and protect others.

If you test positive:

- This means that you have COVID-19.
- Avoid people who have not had a positive COVID-19 test.
- You can still spread COVID-19, even if you don't have symptoms.
- You do NOT need to avoid the people in your house who have already been diagnosed with COVID-19.
- Stay in isolation, following the guidance in this document.

How long you stay in isolation depends on your symptoms:

<p>If you have no symptoms, stay in isolation for:</p> <ul style="list-style-type: none"> At least 10 days after the swab was taken for your test. AND limit contact with others, wear a cloth mask or face covering, and continue to stay 6 feet away from others for an additional 3 days (72 hours). 	<p>If you have or develop symptoms, stay in isolation for:</p> <ul style="list-style-type: none"> At least 10 days after symptoms first appeared AND wait until you have not had a fever for at least 24 hours without the use of medicine that reduces fever, such as Tylenol or ibuprofen AND your other symptoms have improved.
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If you test negative:

- A negative test result **does not prove** that you do not have COVID-19. The test does not always identify people who are infected.
- Monitor yourself for symptoms and stay in quarantine, following guidance in this document.

How long you stay in quarantine depends on your exposure:

<p>If someone in your house has COVID-19, stay in quarantine until 14 days AFTER your household member with COVID-19 has completed their time in isolation. If more than one person in your house was diagnosed with COVID-19, you need to stay in quarantine until 14 days after the last person stops their isolation.</p>	<p>If you had contact with someone with COVID-19 who does not live with you, stay in quarantine until 14 days after your last close contact with them.</p>
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Texts from Public Health — Seattle & King County

- Text messages will be sent from **844-766-4466** and 833-588-1122
- Text messages will be used to send information about COVID-19 testing and resources.
- If you receive a text message from this number, please respond.

For more information

- Contact the King County COVID-19 Call Center at 206-477-3977** if you have medical questions, questions about quarantine or need help with things like shopping to help you stay at home. The call center has staff available 8AM to 7PM, 7 days per week. Interpreters and TTY available on request. Say the name of the language in English to request interpreter services.
- Visit:** www.kingcounty.gov/covid
- Visit:** <https://paidleave.wa.gov/coronavirus/> for more information about paid family leave options.

Testing at UW Medicine

If you receive testing at UW Medicine, please sign up for UW Medicine patient portal to get your results. It may take one to two days to receive your test results, although test results may be available sooner. Public Health will also be the primary organization following up with your results and discussing next steps as outlined above.